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Food and Home Notes

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ALL natural cheeses should be refrigerated, according to USDA Agricultural Marketing Specialists.

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Soft, unripened cheeses---cottage, cream of Neufchatel---should be used within a few days after purchasing. They are perishable.

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Ripened or cured cheese will hold for several weeks--if stored in a refrigerator and protected from mold contamination and drying out.

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ALL cheeses should be stored, if possible, in the original wrapper or covering. The cut surface should be covered with wax paper, foil or plastic wrapping material to keep it from drying out.

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Did you know that...cheese accounts for the use of about $\frac{1}{4}$ of the U.S. milk production?

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SO ...

YOU WANT TO BUY A COW?

Buy a cow? Why not! But, first you need a pasture--about two acres--and hay and, to be able to get the cow bred easily. You need a barn or a shed and someone to water, feed and milk the cow every day.

In 10 months she'll be milking, she'll give 800 to 1500 gallons of milk--probably. So, you also need to have an outlet for the milk.

A rule of thumb for the economics of raising a cow...It will pay you to keep a cow if the cost of the milk and butter your family needs is more than \$1.05 a day. Because, it will cost you about that much each day just to keep her.

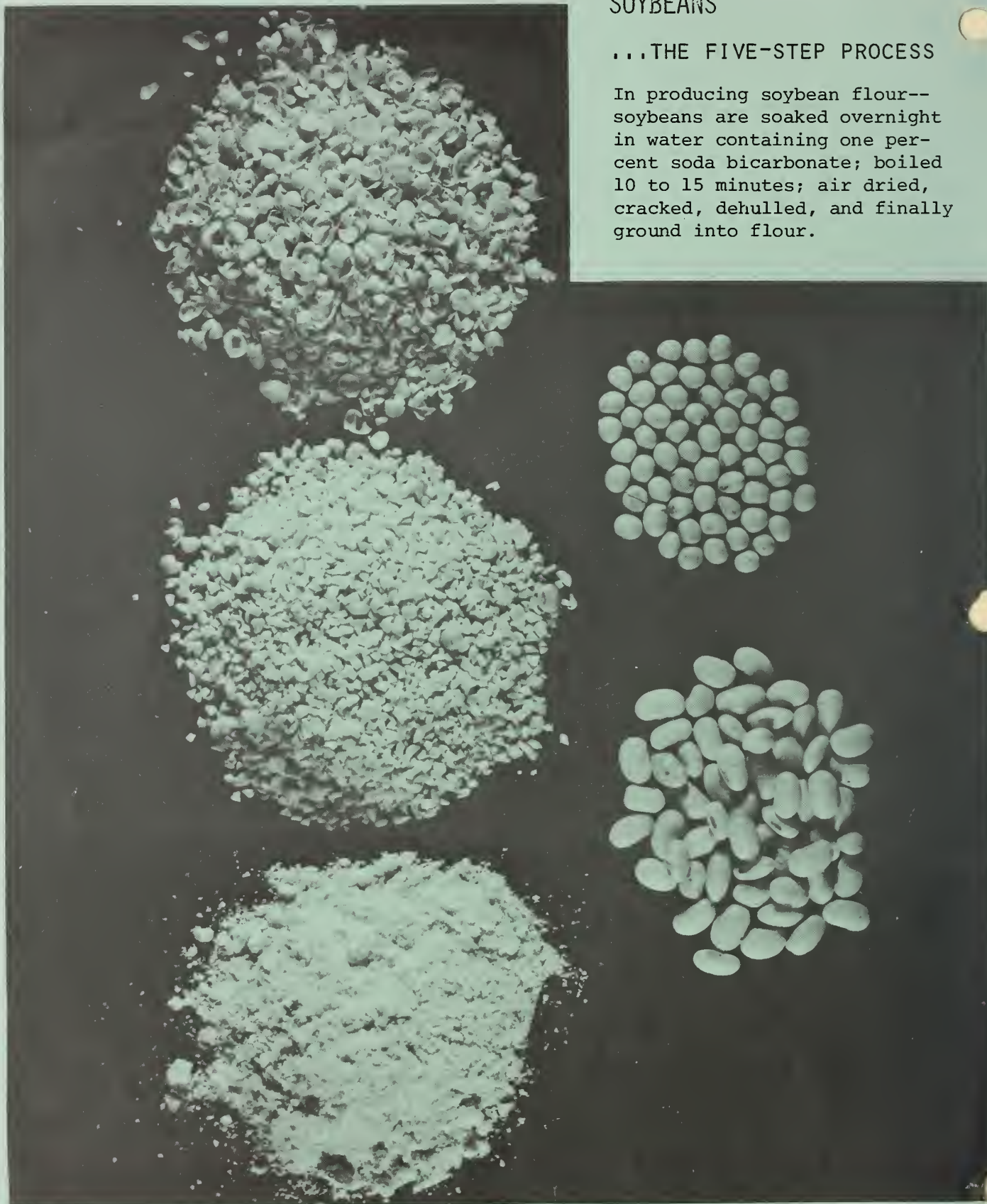
For six months of the year, a cow can get most of the feed she needs from the pasture. But--for the rest of the year--a cow will eat 20 to 30 pounds of hay per day PLUS 1 to 2 tons of grain mix.

A new leaflet (No. 536) has been prepared primarily for families who are considering buying one cow for milk. While this publication offers very practical details for buying a cow, it is not intended as a guide for raising a dairy herd.

SOYBEANS

...THE FIVE-STEP PROCESS

In producing soybean flour--soybeans are soaked overnight in water containing one percent soda bicarbonate; boiled 10 to 15 minutes; air dried, cracked, dehulled, and finally ground into flour.



SOYBEANS

---- AND THE WORLD MARKET

Soybeans have been an important food in Japan for centuries. But, in the past 15 years, soy protein products have expanded their market by using 55,000 tons annually which makes Japan the top customer for U.S. soybeans in the world, according to USDA's Foreign Agriculture Service.

Among the traditional foods suited to the Japanese palate is Tofu (soybean curd of which 10 million bricks are sold daily in Japan); Miso (fermented soybean paste, the basis for the soup served in most Japanese restaurants); Aburaage (deep fried Tofu) or Natto (fermented cooked soybeans); Kinako (roasted soybean powder) and Shoyu (soy sauce). The use of soy in bread, biscuits and noodles, consumes 15,220 tons of soybeans each year.

Home extension agents in Japan recently conducted a series of seminars and cooking classes for rural homemakers on using soy protein as meat extenders and for many other uses in meal planning.

One of the factors that will affect Japan's sources of protein food is the coming enforcement of the 200 mile International Fishing law. Japan's total fish catch is certain to be lowered as a result of this enforcement.

Research on the many uses of soybeans began in the 1930's when products ranging from automobile fenders to upholstery materials were being considered. The products generally proved economically unsuccessful.

In 1954, however, a process of isolating protein from soybean meal was discovered. That was the beginning of meat analogs (that look and taste like meat).

Exports of soybeans and soybean products have been a major factor in the U.S. balance of trade and the economy of the U.S. farm community.

ENERGY SAVING

..... ON WATER

Sixty gallons of water "per day" is used per person--on the average--according to U.S. Department of Agriculture Extension specialists. And, that number has tripled since 1900.

Take an 8 point check test and see how efficiently you conserve water.

Have YOU....

1. Installed flow control devices in the shower?
2. Limited the amount of shower water by the way you use the hot and cold water faucets?
3. Cut off all water if you are going to be away from home on a vacation or trip so that it would prevent someone from turning on outside faucets while you are away?
4. Insulated hot water pipes to reduce the amount of water which must run to get hot water to the faucet?
5. Checked faucets for drips. (Make repairs promptly because the problems only get worse.)
6. Taught children to turn water faucets off tightly after use.
7. Checked the toilet to see if it is continuing to flow after flushing. (Check with small amount of food coloring in tank..see if the color trickles into the bowl--if so, there is a leak and repair is needed.)
8. Adjusted the float level of the toilet to reduce the amount of water necessary to flush the toilet.

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